

Suicides in Virginia, 2009

- 960 suicide deaths, accounting for one-fourth of all injury related deaths.
- Males were 3.6 times more likely to die from suicide than females.
- White Virginians had rates 2.5 times higher than black Virginians.
- 55% of suicides committed involved a firearm.

Suicide was the third leading cause of death for youth and adolescents aged 10-24.

Self-Inflicted Injuries* in Virginia, 2009

- 5,432 self-inflicted injuries; 29% (n=1,580) occurred among youth and adolescents aged 10-24.
- Females were more likely to inflict self harm than males.
- White Virginians were more likely to inflict self harm than any other race.
- 78% of self-inflicted injuries involved poisonings.
- These self-inflicted injuries resulted in hospitalization charges of more than \$83 million, and a median charge of \$9,045 per episode of care.

Table 1. Leading Causes of Suicide Death by Gender, Virginia 2009

Cause	Male N	Female N	Total N
Firearm	458	69	527
Suffocation	162	41	203
Poisoning	85	88	173

Table 2. Leading Causes of Self-Inflicted Injuries by Gender, Virginia 2009

Cause	Male N	Female N	Total N
Poisoning	1,444	2,786	4,230
Cut/Pierce	338	555	893
Firearm	53	12	65

**If you, or someone you know, are having thoughts of suicide please call the national suicide hotline: 1-800-273-TALK.
Or contact a mental health professional.**

Prevention Tips

Depression is a biochemical imbalance in the brain that affects how people think and how they behave. Certain surface signs may indicate depression:

- Low self-esteem
- Anger management problems
- Irritability
- Getting into trouble with the law
- Becoming pregnant early in life
- Increased physical health problems
- Abusing alcohol or drugs
- Threatening suicide or homicide
- Significant change in appetite or weight
- Feelings of worthlessness or excess guilt
- Fatigue or loss of energy

What You Can Do....

If you think a person is at risk for depression or suicide, the next step is to actively intervene and refer the person to proper help.

- Take immediate and sufficient steps to ensure safety including eliminating access to firearms.
- Explore individual/family/group therapy
- Enlist family and community support.
- Do not hesitate to involve mental health professionals trained to recognize and treat depression and related disorders.

*Not all self-inflicted injuries are associated with an attempt at suicide.

Suicide Prevention Program
Virginia Department of Health
 1-800-732-8333
www.vahealth.org/injury